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GEOGRAPHICAL EXPLORATIONS AND SURVEYS
WEST OF THE 100TH MERIDIAN.

SUGGESTIONS

FOR

THE USE OF REMEDIES

FURNISHED TO

FIELD-PARTIES.

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WASHINGTON:
GOVERNMENT PRINTING OFFICE
1875.



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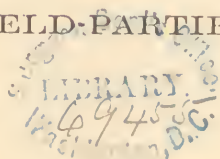
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*Presented by
H. C. Yarrow*

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SUGGESTIONS FOR THE USE OF REMEDIES FURNISHED THE FIELD-PARTIES.

BY DRs. H. C. YARROW AND J. T. ROTHROCK, *Medical Officers.*

ACID SULPHURIC AROMATIC.

Use: in diarrhœa that opium fails to check. Dose, 10 drops in six tablespoonfuls of water, or along with it may be taken (in same dose) 15 drops of *laudanum*. Repeat dose four times a day *until disease is fully cured*.

CHLOROFORM; *requires great care.*

For inhalation, pour a teaspoonful on a towel, or handkerchief, hold it over nose and mouth, but not so close to the face as to prevent ingress of air. Renew the chloroform once in five minutes. Stop its administration if the pulse *becomes weak*, or as soon as a *snoring breathing* is induced. If, when the patient is under its influence, the tongue should fall back into the throat, impeding respiration, open the mouth and hold it forward. For internal administration, the dose is a small teaspoonful in sweetened water, and may be used to break up an alarming congestive chill. It should be followed in an hour by three quinine pills, and *if the chill be clearly due to malaria*, by three more, four hours later.

FLUID EXTRACT OF GINGER.

Use: in cramp in stomach, or to avert a threatened diarrhœa. Dose, half to one teaspoonful, in water, as required.

FLUID EXTRACT OF IPECACUANHA; *useful as an emetic.*

Dose: a small teaspoonful in water every half-hour until vomiting ensues. A still better emetic, however, is a teaspoonful and a half of ground mustard in a large tumblerful of water. It is prompt, safe, and occasions no persistent nausea.

IRON SOLUTION OF SUBSULPHATE.

Use : it may be applied externally as an astringent to stop bleeding ; either pure, or slightly diluted, saturate a cloth with it and bind on bleeding surface. For a bleeding artery it must not be depended upon. (Frequently a mass of snow or ice placed over an injured surface will arrest the flow of blood where the iron has failed.) For internal administration 10 drops of the iron may be given in half a tumbler of water, when there is obstinate diarrhœa accompanied by bloody discharges. The dose can be repeated once in four hours.

LAUDANUM OR TINCTURE OF OPIUM.

Use : to alleviate pain, in which case it may be given in water in doses of from 20 to 60 drops repeated every hour until either relief is obtained or sleepiness ensues. To check diarrhœa it should be given in doses of 20 drops in water once in four hours.

OPIUM PILLS.

Use : for the same purposes as the *laudanum*. Dose, one pill three times a day for diarrhœa. To alleviate pain, one pill every hour until relief is obtained.

OPIUM AND CAMPHOR PILLS.

To be used for the same diseases as the *opium* pills, when there is much nausea. Dose is the same as that of the *opium* pills.

COMPOUND CATHARTIC PILLS.

Two are a laxative, three a cathartic dose, and four a violent purgative.

PILLS OF SULPHATE OF QUINIA ; in each pill there are 3 grains of quinine.

For the full effect in warding off or curing an attack of ague, take one, three or four times a day, for several days. It sometimes happens diarrhœa is engendered by exposure to malaria from low, damp localities. In such cases it is essential that, along with the *opium* treatment above advised, about three or four of the quinine pills should be taken daily.

IN TREATMENT OF MOUNTAIN FEVER,

Especially when complicated with severe pains in the back and limbs, it has been found that the most available treatment is, first, give three compound cathartic pills to freely open the bowels. Then, if diarrhœa should ensue, hold it in check by opium. Give, after the cathartic has acted, one quinine pill four times a day.

FOR RHEUMATISM,

Accompanied by swelling of the joints, or first of one joint and then of another. The most available field-treatment would be, first, a cathartic dose; then enough of quinine to make the ears ring THOROUGHLY. Drink large quantities of warm tea to induce copious perspiration; *keep the body well protected from access of cold.* The success of this method depends entirely upon promptness and *a copious perspiration.* The quinine must be given to at least 30 grains in the twenty-four hours, (say 5 grains every two hours for twelve hours.) Keep the joints and chest covered with woolen cloths.

TO CLOSE A CUT WOUND ON THE SCALP.

Wax a series of three or four hairs on each side of the cut, and drawing the edges of the cut together, tie them so by the waxed hairs on either side of the cut.

TO CLOSE A FLESH CUT.

Run a pin through both the lips of the wound, and pressing the cut shut, hold it there by a thread tied under the ends of the pin and over the flesh.

FOR BITE OF A SNAKE OR TARANTULA.

If the injury be on a limb, first tie a *handkerchief tightly* around the limb, above the wound, to keep the poison out of the system, or to allow it to enter more slowly. Then, if possible, take a small tumbler, or cup, and placing a fragment of paper saturated with whisky, alcohol, or kerosene on the wound, fire it, and *instantly* invert the tumbler over it. This will act as a cup, and tend to abstract the blood from the wound. Give whisky freely, and after cupping apply the solution of ammonia on a cloth over the wound. The success of this treatment depends on stimulation by the whisky, and the band allowing the poison to enter the system slowly. The band should occasionally be loosened to allow the restoration of the circulation, and then tightened again.

BROKEN LIMBS

Should be drawn out in natural position to their proper length, then, while held so, encased in fresh bark taken from a tree the same size as the injured limb; pack in the interstices between the limb and bark with soft cotton, cloths, or even fine grass. Then bandage the whole firmly around the limb. The bark should be long enough to go some distance above and below the fracture, and thus afford the requisite support.

IN CASE OF DROWNING,

Place the patient on his face with some soft substance under him so as to raise the pit of the stomach higher than the mouth. Press from the stomach upward until water ceases to flow from the mouth. Next, turn him on his back with the end of the breast-bone higher than the rest of the body. Kneel astride of the patient; place the hands with the fingers pointing toward the ground and between the ribs, press firmly over them for fifteen seconds as if striving to force the contents of the stomach out of the mouth; then *let go suddenly*, and in fifteen seconds repeat the action. Gradually increase this movement until fifteen such are made in a minute. Keep it up regularly, if need be, for half an hour. Keep the tip of the tongue of the patient out of his mouth. On first sign of breathing dash cold water occasionally on the face. When consciousness is restored give a teaspoonful of hot whisky and water every five minutes, then wrap the patient in warm blankets and leave him to rest.

At the onset the clothing should be removed from the waist so as to give free access of air to this point.

A STIMULATING LINIMENT

May be made of equal parts of sweet oil and spirits of ammonia for application to bruises.

IN CASES OF GUNSHOT-WOUNDS,

Unless bones are broken or important arteries severed, the simplest possible treatment (cold-water applications) is the best.

IN CASE THE LARGE ARTERY OF THE ARM

Is wounded, or any of the smaller ones of the fore-arm, the bleeding may be *temporarily* checked by making a knot in the middle of a twisted handkerchief and tying the band so made around the arm, with the knot over the middle or upper part of the lower inside line of the large muscle of the arm, then placing a stick under the handkerchief on the outside of the arm and twisting it until the knot by its pressure above the injury stops the jets of arterial blood. This injury will need care of a surgeon.

IN WOUNDS OF THE LARGE ARTERY OF THE LEG,

Or of its smaller divisions farther down, use the handkerchief as above explained, but make the knot more bulky and solid, or for the knot substitute a rolled bandage one and a half inches thick; place the knot or its substitute on the limb four inches below the groin and about half-way from upper to inner surface of the limb, then tighten the band as above shown. If the bleeding continues *in jets*, move the knot inside or outside of the line already indicated, until on tightening the band the *jets* of blood stop; *but act promptly yourself, first, then send for a surgeon.*

A CUT ON THE HEAD

May almost always be prevented from bleeding seriously by making a pad large enough to overlap the edges of the wound, and thick enough to make firm pressure, and binding it tightly over the wound; thus compressing the bleeding vessels on the bone.



